

Curriculum Vitae

Personal Information

Jan L. de Zeeuw, MSc
(PhD-Student in the Graduate Program Medical Neurosciences, Charité, Berlin)
Date of birth: 10.09.1988
The Netherlands

Current workplace:
Clinic for Sleep and Chronomedicin
St. Hedwig-Krankenhaus
Große Hamburger Str. 5-11, 10115 Berlin
Research Group: Sleep Research & Clinical Chronobiology, Institute of Physiology, Charité -
University Medicine Berlin

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Education

- 2010-2012 Master of Science degree in Behaviour and Neuroscience
University of Groningen, Groningen, the Netherlands
- Master project at Douglas Institute, Montreal, Canada
- 2006-2010 Bachelor of Science degree in Life Science and Technology
University of Groningen, Groningen, the Netherlands
- Major in Behaviour and Neurobiology
 - Minor in Psychology
- 2000-2006 High School (VWO level, 'Gymnasium')
Maartenscollege, Haren, the Netherlands

Research experience

- 2016 Poster presentation at the 23rd Congress of the European Sleep
Research Society, Bologna, Italy
- 2016 Oral Presentation at the 28th Meeting of the Society for Light
Treatment and Biological Rhythms, New York, United States
Awarded with a Student Travel Grant
- 2015 Speaker at the Symposium Licht – Donker – Slaap
Publiekssymposium, Amsterdam, the Netherlands
- 2015 Attended the 23. Jahrestagung der Deutschen Gesellschaft für
Schlafforschung und Schlafmedizin, Mainz, Germany

- 2015 Oral Presentation at the 27th Meeting of the Society for Light Treatment and Biological Rhythms, San Diego, United States
Awarded with a Student Travel Grant
- 2014 Poster Presentation at the 22. Jahrestagung der Deutschen Gesellschaft für Schlafforschung und Schlafmedizin, Köln, Germany
- 2014 Attended the 22nd Congress of the European Sleep Research Society, Tallinn, Estonia
- 2014 Attended the Sleep and Circadian Neuroscience Summer School 2014, Oxford, United Kingdom
- 2014-present Admitted to the PhD Program Medical Neurosciences, Charité, Berlin, Germany
- 2013-present Researcher at the Research Group: Sleep Research & Clinical Chronobiology, Institute of Physiology, Charité - University Medicine Berlin, Germany
- 2013 Scientific Advisor at Chrono@Work B.V., Groningen, the Netherlands
- 2012 Master Thesis, The Effect of Caloric Restriction on the Immune System (Literature Study)
University of Groningen, Groningen, the Netherlands
- 2012 Colloquium, Parkinson's Disease and Statins (Literature Study)
University of Groningen, Groningen, the Netherlands
- 2011 Poster Presentation at the SLTBR Conference in Montreal
Attended Symposium of Circadian Rhythms Research
Attended Sleep Grand Round Teleconference with Harvard
- 2011 Labtech training and human blood sampling training, at the Douglas Institute, McGill University, Montreal, Canada
- 2011 Sleep Research (Second Master Research Project)
Investigation of the Relationship between Menstrual Cycle and Circadian Rhythm by Spectral Analysis of EEG Data
Douglas Institute, McGill University, Montreal, Canada
- 2010 Chronobiology Research (First Master Research Project)
Sleep Inertia, Cortisol and Glucose
University of Groningen, Groningen, the Netherlands
- 2009 Chronobiology Research (Bachelor Research Project)
Project dynamic light MEOD Shell Moerdijk, the Netherlands

2009 Behavioural Biology Research
 Second Generation Effect of Testosterone Injection in Chickens
 University of Groningen, Groningen, the Netherlands

Publications

2017 Regente J*, de Zeeuw J*, Bes F, Nowozin C, Appelhoff S,
 Wahnschaffe A, Münch M#, Kunz D# Can short-wavelength depleted
 bright light during single simulated night shifts prevent circadian phase
 shifts? *Journal of Applied Ergonomics*. Volume 61, May 2017, p. 22-
 30 (* = co-first authors; # = co-last authors).